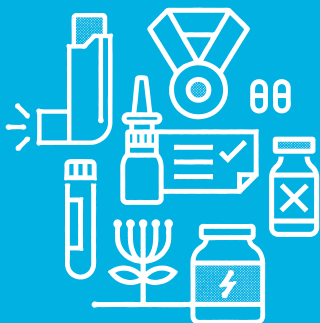


2022

clean athletes. clean sport.



prohibited medications



Some common medications (and methods of administering them) are prohibited in sport. This guide lists the most common prohibited and permitted medications and methods in Aotearoa New Zealand.

As an athlete, it is your responsibility to check the status of your medications and methods before use.

The list provided in this guide isn't comprehensive. Scan the QR code to find more info about what's prohibited in sport.

therapeutic use exemptions (TUEs)

If you get sick, injured or have an ongoing medical condition and the treatment you require is prohibited, you may need to apply for a TUE.

Some athletes need an approved TUE before using a prohibited medication or method (unless it is a medical emergency).

Find out if you need TUE approval in advance

drugfreesport.org.nz/tue

tue@drugfreesport.org.nz

education

Education gives everyone the knowledge and values they need to compete clean. Getting educated helps to stop rules being broken accidentally, protects athlete health and promotes fair competition.

Athletes, coaches, medical professionals, support staff and parents all play a vital role in creating a culture of clean sport. We can support everyone to develop clean sport knowledge and values thanks to our free workshops, webinars and e-courses.

Book your free workshop or webinar

education@drugfreesport.org.nz

Start your clean sport journey with a quick and easy e-course

drugfreesport.org.nz/e-learning

athlete rights

WADA's Athletes Anti-Doping Rights Act protects an athlete's fundamental right to participate in clean sport, promoting health, fairness and equal opportunity for all athletes worldwide.

The Act includes rights:

- > during testing missions
- > to a fair, independent, timely hearing
- > to report concerns without the threat of retribution or retaliation
- > to medical treatment
- > to education
- > to data protection
- > to compensation
- > to B Sample analysis.

Read more at drugfreesport.org.nz/rights

contact us

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info@drugfreesport.org.nz

Check a medication

drugfreesport.org.nz/meds

Report doping

intel@drugfreesport.org.nz



drugfreesport.org.nz

common medications

> asthma Maximum thresholds exist for asthma inhalers. Overuse could return a positive drug test. Follow the directions on your inhaler prescription label and talk with your medical professional if you need to use your inhaler frequently.	Prohibited At All Times - TUE required
Permitted Glucocorticoids by inhalation (Beclazone, Flixotide, Pulmicort)	Terbutaline (e.g. Bricanyl)
⚠ Salbutamol by inhalation (e.g. Ventolin, Respigen) - maximum thresholds exist	Bambuterol (e.g. Bambec)
⚠ Salmeterol by inhalation (e.g. Serevent) - maximum thresholds exist	
⚠ Formoterol by inhalation (e.g. Oxis, Foradil, Symbicort) - maximum thresholds exist	
⚠ Vilanterol by inhalation (e.g. Breo Ellipta)- maximum thresholds exist	

> glucocorticoids

Permitted Glucocorticoids administered non-systemically 🌐 Glucocorticoid wash-out periods Injections administered out-of-competition, may show a persisting presence in your sample because of the wash out period. Details at drugfreesport.org.nz/prohibited	Prohibited In Competition - TUE required Glucocorticoids administered systemically (e.g. oral Prednisone, all Glucocorticoid injections, intravenous fluids and rectal suppositories)
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> cold / flu / sore throat

Permitted Phenylephrine (e.g. Lemsip and Maxiclear products)	Prohibited In Competition - TUE required Pseudoephedrine: stop using it at least 24 hours before competition and only ever take the recommended dose
Paracetamol (e.g. Panadol)	Morphine based cough syrup (e.g. Gees Linctus)

> antibiotics

Permitted All antibiotics available in New Zealand are permitted in sport	Prohibited At All Times - TUE required Probenecid is commonly prescribed with antibiotics
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> headaches / pain / inflammation

Permitted Non Steroidal Anti-Inflammatories (NSAID) Ibuprofen (e.g. Brufen, Nurofen, Panafen) Diclofenac (e.g. Diclax, Voltaren, Cataflam) Pain tablets (e.g. Aspirin, Codeine, Tramal, Tramadol*, Paracetamol, Panadeine)	Prohibited In Competition - TUE required All medications that contain morphine (e.g. Sevredol, Oxynorm) Fentanyl (e.g. Durogesic, Rapifen) Pethidine Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)
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* Some sports may have additional regulations i.e. cycling

> hayfever / sinusitis

Permitted Antihistamines (e.g. Lortab, Loraclear, Claratyne, Claramax, Phenergan, Polaramine, Razene, Telfast, Zadine, Zyrtec) Nasal sprays (e.g. Flixonase, Alanase, Beconase, Drixine, Otrivin)	Prohibited In Competition – TUE Required Pseudoephedrine: stop taking it at least 24 hours before competition and only ever take the recommended dose Oral/Injected Glucocorticoids (e.g. Prednisone, Kenacort, Dexamethasone)
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> skin conditions

Permitted Topical Glucocorticoids (e.g. Beta cream/ ointment, DP lotion/cream, DermAid, Egocort, Hydrocortisone cream, Locoid, Skincalm)	Prohibited In Competition – TUE Required Oral/Systemic Glucocorticoids (e.g. Prednisone, Medrol)
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> nausea / vomiting

Permitted e.g. Antinaus, Buccastem, Maxolon, Nausicalm, Sea-Legs, Stemetil, Serecid, Gaviscon, Quick-eze, Gastrolyte, Mylanta

> contraception

Permitted All oral contraceptives available in New Zealand are permitted in sport

> common methods

- ⚠ **IV fluids**
All prohibited substances administered by IV require a TUE. Permitted substances which require IV infusion may not exceed 100ml per 12 hours without a TUE, unless given while at hospital, during surgery, or travelling in an ambulance. Infusions given in any other setting require a TUE.
- ⚠ **Needles**
Always check if your medication can be administered by needle. In some cases, needles are permitted when administered into a joint but are prohibited when administered into a muscle.

athlete to-do list

- > Remember that you are 100% responsible for everything found in your system following a drug test
- > Tell your medical professionals that you are an athlete and could be tested at any time
- > **Before** using any medication or method, especially if you are overseas, check if it is permitted in sport at **globaldro.com**
- > Understand your TUE status

Contact us with any questions or concerns
✉ info@drugfreesport.org.nz